



Friendship Heights

VILLAGE NEWS

MARCH 2014

301-656-2797

VOLUME 28, NO. 10



AARP Safe Driving
page 5

A day at National Harbor

Spend a day at National Harbor on **Thursday, March 27**, and shop the Tanger outlets as well as the many shops around the Gaylord National Resort.

Our bus will drop us first at the outlets, which opened in November. There are eighty outlet stores, including Calvin Klein, Michael Kors, Cole Haan and Coach. Around noon, the bus will drive the mile or so to the waterfront area for anyone who wants to spend time in the forty shops and boutiques there. Both areas have plenty of restaurants. You can choose to have lunch (not included) either place. The bus will return to the outlets before we head home for

anyone who wants to spend the entire time there.

We will leave the Village Center at 9 a.m. and return before 3 p.m. The

cost for the transportation and driver gratuity is \$25. There are 35 spaces available. The trip is open to residents and non-residents immediately.



WNO's 'The Magic Flute'

Spend a night at the opera with us on **Monday, May 5**, when we attend the Washington National Opera's performance of Mozart's *The Magic Flute* at the Kennedy Center.

This magnificent work was Mozart's final opera, premiering just three months before his death. *The Magic Flute* follows the heroic adventures of Prince Tamino and his

friend Papageno in their attempts to rescue the beautiful daughter of the Queen of the Night. Filled with terrifying serpents, moody monarchs, powerful magicians, and mysterious spirits, the opera is both a delightful fairy tale and a profound exploration of the limits of loyalty and love. It is sung in English and features colorful sets and costumes

by Japanese American artist Jun Kaneko. This new production is conducted by WNO's music director, Philippe Auguin, one of the most sought-after conductors of his generation.

We will leave the Village Center at 5:45 p.m. and return before 11 p.m. The cost for the discounted (20%) ticket in the first tier center, transportation, and, driver gratuity, is \$164. There are 24 spaces available. Residents may sign up immediately; non-residents may sign up March 15. If at least 20 tickets are not sold by April 1, the trip will be canceled. Reminder: trips that include a ticketed event are not refundable after payment unless the trip is canceled.



CHILDREN'S PROGRAMS

A place for Little Picassos

Our week-long summer art camp for children returns **Monday, June 16 through Friday, June 20**. Run by our curator Millie Shott, the camp offers children ages 6 to 12 a fun way to tap into their individual creative genius. The annual camp is unique among art camps in that participants create fine arts projects that are tailored for little hands. Children will complete a variety of art projects, ranging from painting to pottery to origami and fused glass. Participants also learn about various artists and art forms during art appreciation sessions each day. The camp takes place from 9:30 a.m. to 1 p.m. daily at the Village Center. Children must have completed kindergarten to qualify. The cost is \$250 per child. Sign up immediately at the Village

Center to ensure a space; this camp fills up quickly. Please note the camp takes place the week after Montgomery County Schools are dismissed for the summer and a week earlier than last year's camp.



A bit of Eire in the art cases

Jewelry artist Caroline O'Neil brings her latest hand-crafted creations to the Friendship Gallery display cases in March. The 7th grader from Silver Spring has shown at the Center and her work has appeared in the Montgomery County Gazette.



Friendship Heights VILLAGE NEWS

www.friendshipheightsmd.gov

Email: info@friendshipheightsmd.gov

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

ADVERTISING

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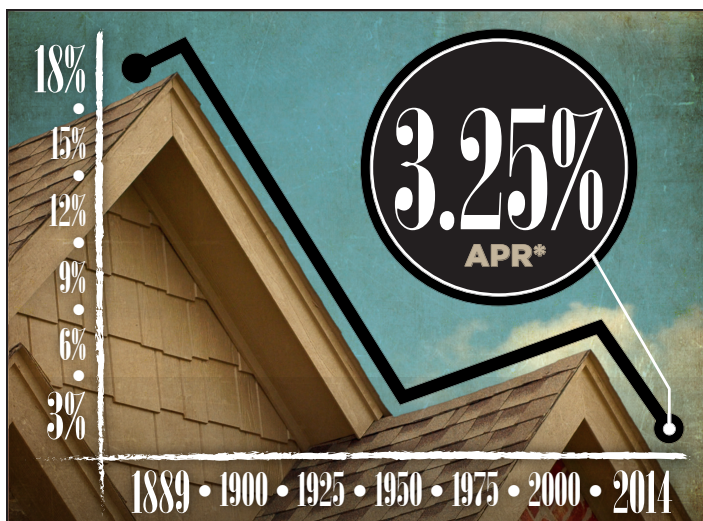
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Come for lunch and stay for a concert

Enjoy a three-course lunch followed by a concert by Village favorite Eric Abrahamson at the Center on **Wednesday, April 30.**

Our luncheon will begin at **12 p.m.** Prepared by Sunrise Brighton Gardens Chef Laté Lawson, the menu will be Italian wedding soup, Caesar salad, leg of lamb with gravy, garlic

mashed potatoes, steamed asparagus, and rice pudding.

After lunch, please stay for a concert of Ragtime and Tin Pan Alley hits performed by Eric Abrahamson. Mr. Abrahamson is a veteran of the music business in California where he is the music director for Knott's Berry Farm and Cedar Fair Parks and

frequent entertainer on Main Street in Disneyland. The concert begins at **1 p.m.**

The cost for lunch is \$13; please sign up at the Center by April 23. There is no cost for the concert—all are welcome.





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Second 'Centennial Saturday'



Please come to the Village Center **Sat., March 1, from 9:15 a.m. to noon**, to learn about the development of Friendship Heights in the 1960s and '70s.

The program, "From High Street to High Rises," will feature Deborah Edwards Demaree discussing her mother, developer Thelma ("Tim") Edwards, and Royce Hanson, County Planning Board Chair from 1971 to 1981. The morning will end with a showing of "Friendship Heights: One

Woman's Vision," a short documentary about Tim Edwards and the development of the Village. Refreshments will be served. Let us know if you plan to come by calling 301-656-2797 or stopping by the front desk.

Save the date: the third Centennial Saturday will be May 10. Our guest speakers will be Cleonice Tavani and Alfred Muller who will present a program entitled "The Village Mobilizes – 1972 to 1990."



Don't be shy – give Mah Jongg a try!

Mah Jongg, a Chinese game that became popular in this country in the 1920s, requires skill and luck.

Beginning in April you can try it for yourself at the Village Center. This six-week class will introduce players to the basics of the game, using the rules and standards of the National Mah Jongg League, Inc. The instructor is Robin Dinerman, who has taught Yoga at the Center for many years. See page 10 under "Card Games" for all the details.

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The Boom Box

A headline in the Washington Post last year read "Boomers live longer, but they're not as healthy." Stress, poor eating habits and lack of exercise have taken a toll on Boomers; they are in worse health than their parents, according to a recent study.

Come to the Village Center on **Thursday, April 10, at 7:30 p.m.**, to meet Dr. Sanjay Jain and learn about his program for leading a balanced and healthy life. He will discuss all aspects of living, including nutrition and exercise as well as emotional, intellectual and financial health. His new book is *Optimal Living 360: Smart Decision Making for a Balanced Life* and copies will be for sale.

Please come for socializing and light fare at 7 p.m.; the program will begin at 7:30 p.m. Call 301-656-2797 to reserve a space. Put some harmony in your life!



Safe driving program at the Center

The AARP Driver Safety Program will be offered **Friday, April 4, from 10 a.m. to 3 p.m.**, at the Village Center. Sandra Whitaker will be the instructor. The one-day course costs \$15 for AARP members (you must bring your membership card when you register **and also to the class**) and \$20 for nonmembers. Checks should be made out to AARP.

All students must bring to class their driver's license and a ballpoint pen. Please register at the Village Center.

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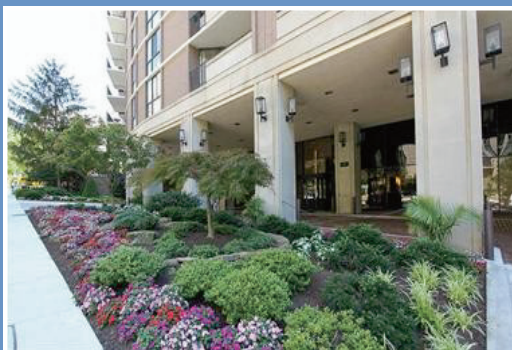
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PLAYING on the BIG SCREEN

All movies begin at 7 p.m.

A Note from the Program Directors

As a courtesy to our speakers, authors and performers...

• Turn off cell phones • Do not take food or drink into the auditorium • Arrive on time for all events • Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and insulting to the presenters when people walk out. Plenty of time to catch the shuttle bus will always be allowed.

Thursday, March 6, 7 p.m. — Movie — *Blue Jasmine*

— Cate Blanchett stars as Jasmine, a Manhattan socialite whose world crumbles after the collapse of a Ponzi scheme run by her bigger-than-life fraudster husband. Broke, with nowhere else to go, Jasmine moves in with her down-to-earth sister, Ginger in San Francisco. Directed by Woody Allen. Also stars Alec Baldwin and Sally Hawkins. Rated R. Running Time: 98 minutes.

Thursday, March 13, 7 p.m. — Movie — *Nebraska*

— An aging, booze-addled father makes the trip from Montana to Nebraska with his estranged son in order to claim a million-dollar Mega Sweepstakes Marketing prize. Stars Bruce Dern and June Squibb, both in Oscar-nominated performances. Rated R. Running Time: 115 minutes.

Thursday, March 20, 7 p.m. — Movie — *The Butler*

— Forest Whitaker plays Eugene Allen, a White House butler who served eight U.S. presidents over the course of 30 years, and witnessed sweeping social change during service at 1600 Pennsylvania Avenue. Also features Robin Williams, James Marsden, John Cusack, Oprah Winfrey, Cuba Gooding Jr., Terrence Howard, Jane Fonda, Vanessa Redgrave and David Oyelowo. Rated PG-13. Running Time: 132 minutes.

Thursday, March 27, 7 p.m. — Movie — *Dallas Buyers Club*

— Matthew McConaughey plays an electrician and rodeo cowboy with an H.I.V.-positive diagnosis and 30 days to live. Frustrated by the lack of

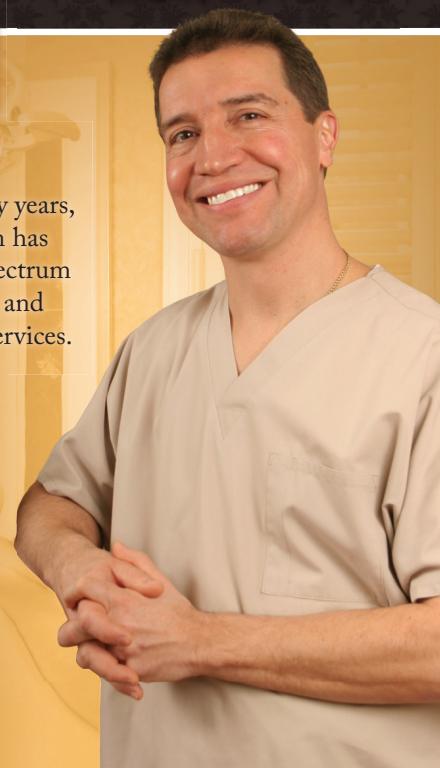
approved medications in the U.S., he goes to Mexico, smuggles alternative treatments into the U.S. and sets up a "buyers club," where H.I.V.-positive people pay monthly dues for access to the newly acquired supplies. Rated R. Running Time: 116 minutes.



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ART and CULTURE

On exhibit this month in Friendship Gallery

The Washington Water Color Association returns to the Friendship Gallery for the month of March. The WWCA is one of the oldest societies of professional artists and can trace its beginnings back over 100 years. The society was organized in 1896 and consisted of fifteen artists who held their first exhibit at the Cosmos Club. Meet the artists at a reception on **Sunday, March 9, from 11:30 a.m. to 1:30 p.m.**

The exhibit will be in the auditorium from March 3 to 29. Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m., Friday, 9 a.m. to 5 p.m. and Saturday and Sunday, 9 a.m. to 2 p.m. Art in the auditorium is occasionally not available for viewing because of activities in that room; check with the front desk receptionist when you arrive. Please note that all sales of art are final.



"Pink Rose" by Anna Shuman and
"Chairs, Etcetera" by Concetta Scott.



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Friendship Heights
Village Center



Calendar
of Events

2014

M A R C H						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

Shredding truck in the Village

Shred-it will be back on **Wednesday, April 9**. The truck will park on Friendship Blvd. next to the Village Center from 5 to 7 p.m. Residents are invited to bring paper materials for shredding. *This service is available for Village residents only.*



<h1>Shredding truck in the Village</h1> <p>Shred-it will be back on Wednesday, April 9. The truck will park on Friendship Blvd. next to the Village Center from 5 to 7 p.m. Residents are invited to bring paper materials for shredding. <i>This service is available for Village residents only.</i></p> 							<div>1</div> <div>8:15 a.m.: Walking Club</div> <div>9 a.m.: Photography for Children</div> <div>9:15 a.m.: Centennial Saturday: “From High St. to High Rises”</div> <div>10:30 a.m.: Basic Photography</div>
<div>2</div> <div>9 a.m.: Yoga</div> <div>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</div>	<div>3</div> <div>9:15 a.m.: Fit 4-Ever</div> <div>10 a.m.: Great Books</div> <div>10:30 a.m.: Resistance Training For Seniors</div> <div>12:30 p.m.: Bridge Club</div> <div>2:30 p.m.: Acrylic or Oil Painting</div> <div>7 p.m.: Café Muse</div>	<div>4</div> <div>8:15 a.m.: Walking Club</div> <div>9:30 a.m.: Tai Ji</div> <div>12 – 4 p.m.: Blood Pressure Screening</div> <div>1 p.m.: Balance and Coordination</div> <div>2 – 4 p.m.: Suburban Nurse Specialist</div> <div>3 – 4 p.m.: Tea</div> <div>7 p.m.: Pilates</div>	<div>5</div> <div>9:15 a.m.: Fit 4-Ever</div> <div>10:15 a.m.: Yiddish</div> <div>12 p.m.: Chess group</div> <div>1 p.m.: Portraiture in Pencil and Pastel</div> <div>6 p.m.: Yoga with Kathryn</div>	<div>6</div> <div>8:15 a.m.: Walking Club</div> <div>9:30 a.m.: Tai Ji</div> <div>10 a.m.: Basic Photography</div> <div>11 a.m.: Still Life Painting</div> <div>11 a.m. – 4 p.m.: Village Playtime</div> <div>6:15 p.m.: Scrabble</div> <div>6:45 p.m.: Acrylic or Oil</div> <div>7 p.m.: Movie: Blue Jasmine</div>	<div>7</div> <div>9:15 a.m.: Drop-in Tai Chi</div> <div>10:30 a.m.: Coffee and Current Events</div> <div>10:30 a.m.: Strength Training with Cheryl</div>	<div>8</div> <div>8:15 a.m.: Walking Club</div> <div>9 a.m.: Photography for Children</div> <div>10:30 a.m.: Basic Photography</div>	
<div>9</div> <div>9 a.m.: Yoga</div> <div>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</div> <div>11:30 a.m. – 1:30 p.m.: Art Reception</div>	<div>10</div> <div>9:15 a.m.: Fit 4-Ever</div> <div>10 a.m.: Great Books</div> <div>10:30 a.m.: Resistance Training For Seniors</div> <div>12:30 p.m.: Bridge Club</div> <div>1 p.m.: Strength Training with Tonya</div> <div>2:30 p.m.: Acrylic or Oil Painting</div> <div>7:30 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING</div>	<div>11</div> <div>8:15 a.m.: Walking Club</div> <div>9:30 a.m.: Tai Ji</div> <div>12 – 4 p.m.: Blood Pressure Screening</div> <div>1 p.m.: Balance and Coordination</div> <div>2 p.m.: Speech Therapy and Support Group</div> <div>2 p.m.: Getting to Know Your iPad</div> <div>2 – 4 p.m.: Suburban Nurse Specialist</div> <div>3 – 4 p.m.: Tea</div> <div>7 p.m.: Pilates</div>	<div>12</div> <div>9:15 a.m.: Fit 4-Ever</div> <div>10:15 a.m.: Yiddish</div> <div>11 a.m.: Chair Exercise</div> <div>12 p.m.: Chess group</div> <div>1 p.m.: Portraiture in Pencil and Pastel</div> <div>1 p.m.: Suburban Lecture: “Get Your Back on Track”</div> <div>1 p.m.: Health Insurance Counseling</div> <div>4:30 p.m.: Beginning Bridge</div> <div>7:30 p.m.: Concert: Friday Morning Music Club</div>	<div>13</div> <div>8:15 a.m.: Walking Club</div> <div>9:30 a.m.: Tai Ji</div> <div>10 a.m.: Basic Photography</div> <div>11 a.m.: Still Life Painting</div> <div>11 a.m. – 4 p.m.: Village Playtime</div> <div>6:15 p.m.: Scrabble</div> <div>6:45 p.m.: Acrylic or Oil</div> <div>7 p.m.: Movie: Nebraska</div>	<div>14</div> <div>9:15 a.m.: Drop-in Tai Chi</div> <div>10:30 a.m.: Coffee and Current Events</div>	<div>15</div> <div>8:15 a.m.: Walking Club</div> <div>9 a.m.: Photography for Children</div> <div>10:30 a.m.: Basic Photography</div> <div>12 p.m.: Landon Symphonette</div>	
<div>16</div> <div>9 a.m.: Yoga</div> <div>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</div>	<div>17</div> <div>9:15 a.m.: Fit 4-Ever</div> <div>10 a.m.: Great Books</div> <div>10:30 a.m.: Resistance Training For Seniors</div> <div>12:30 p.m.: Bridge Club</div> <div>1 p.m.: Strength Training with Tonya</div> <div>2:30 p.m.: Acrylic or Oil Painting</div> <div></div>	<div>18</div> <div>8:15 a.m.: Walking Club</div> <div>9:30 a.m.: Tai Ji</div> <div>11 a.m.: Village Book Club</div> <div>12 – 4 p.m.: Blood Pressure Screening</div> <div>1 p.m.: Balance and Coordination</div> <div>2 p.m.: Getting to Know Your iPad</div> <div>2 – 4 p.m.: Suburban Nurse Specialist</div> <div>3 – 4 p.m.: Tea</div> <div>7 p.m.: Pilates</div>	<div>19</div> <div>9:15 a.m.: Fit 4-Ever</div> <div>10:15 a.m.: Yiddish</div> <div>11 a.m.: Chair Exercise</div> <div>12 p.m.: Chess group</div> <div>1 p.m.: Portraiture in Pencil and Pastel</div> <div>4:30 p.m.: Beginning Bridge</div> <div>7:30 p.m.: Tales in the Village</div>	<div>20</div> <div>8:15 a.m.: Walking Club</div> <div>9:30 a.m.: Tai Ji</div> <div>10 a.m.: Basic Photography</div> <div>11 a.m.: Still Life Painting</div> <div>11 a.m. – 4 p.m.: Village Playtime</div> <div>12:30 p.m.: Vision Support Group</div> <div>6:15 p.m.: Scrabble</div> <div>6:45 p.m.: Acrylic or Oil</div> <div>7 p.m.: Movie: The Butler</div>	<div>21</div> <div>9:15 a.m.: Drop-in Tai Chi</div> <div>10 a.m. – 1 p.m.: Shingles Shots</div> <div>10:30 a.m.: Coffee and Current Events</div> <div>10:30 a.m.: Strength Training with Cheryl</div>	<div>22</div> <div>8:15 a.m.: Walking Club</div> <div>9 a.m.: Photography for Children</div> <div>10:30 a.m.: Basic Photography</div>	
<div>23</div> <div>9 a.m.: Yoga</div> <div>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</div>	<div>24</div> <div>9:15 a.m.: Fit 4-Ever</div> <div>10 a.m. – 2 p.m.: MVA Mobile Office</div> <div>10 a.m.: Great Books</div> <div>10:30 a.m.: Resistance Training For Seniors</div> <div>12:30 p.m.: Bridge Club</div> <div>1 p.m.: Strength Training with Tonya</div> <div>2:30 p.m.: Acrylic or Oil Painting</div>	<div>25</div> <div>8:15 a.m.: Walking Club</div> <div>9:30 a.m.: Tai Ji</div> <div>12 – 4 p.m.: Blood Pressure Screening</div> <div>1 p.m.: Balance and Coordination</div> <div>2 p.m.: Genealogy Research Online</div> <div>2 – 4 p.m.: Suburban Nurse Specialist</div> <div>3 – 4 p.m.: Tea</div> <div>7 p.m.: Pilates</div>	<div>26</div> <div>9:15 a.m.: Fit 4-Ever</div> <div>10:15 a.m.: Yiddish</div> <div>11 a.m.: Chair Exercise</div> <div>12 p.m.: Chess group</div> <div>1 p.m.: Portraiture in Pencil and Pastel</div> <div>1 p.m.: Health Insurance Counseling</div> <div>4:30 p.m.: Beginning Bridge</div> <div>6 p.m.: Yoga with Kathryn</div> <div>7:30 p.m.: Concert: Beau Soir</div>	<div>27</div> <div>8:15 a.m.: Walking Club</div> <div>9 a.m.: Depart for National Harbor</div> <div>9:30 a.m.: Tai Ji</div> <div>10 a.m.: Basic Photography</div> <div>11 a.m.: Still Life Painting</div> <div>11 a.m. – 4 p.m.: Village Playtime</div> <div>6:15 p.m.: Scrabble</div> <div>7 p.m.: Movie: Dallas Buyers Club</div>	<div>28</div> <div>9:15 a.m.: Drop-in Tai Chi</div> <div>10:30 a.m.: Coffee and Current Events</div> <div>10:30 a.m.: Strength Training with Cheryl</div>	<div>29</div> <div>8:15 a.m.: Walking Club</div> <div>9 a.m.: Photography for Children</div> <div>10:30 a.m.: Basic Photography</div>	
<div>30</div> <div>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</div>	<div>31</div> <div>9:15 a.m.: Fit 4-Ever</div> <div>10 a.m.: Great Books</div> <div>10:30 a.m.: Resistance Training For Seniors</div> <div>12:30 p.m.: Bridge Club</div> <div>1 p.m.: Strength Training with Tonya</div> <div>2:30 p.m.: Acrylic or Oil Painting</div>	<div>An early call for art</div> <div>Two upcoming art shows will be open to all artists in the area. Friendship Heights Village’s “Three Cheers for the Red, White and Blue!” show in July is a popular multi-media exhibit held each year in conjunction with the annual Fourth of July celebration. Ideas for themes include family gatherings, parades, fireworks, picnics, heroes, and, speeches. In September, the Village will once again sponsor a “cuisine-art” show as part of the annual Taste of Friendship Heights. Paintings, photographs or sculpture related to food or food-preparation are suggestions. Look for applications at the Village Center later this spring.</div>					
<div>Shuttle bus hours</div> <div></div> <div>Monday through Friday 6:40 a.m. to 9:40 p.m.</div> <div>Saturday and Sunday 8 a.m. to 7 p.m.</div>							
<div>Village Center Hours</div> <div>Monday through Thursday 9 a.m. to 9 p.m.</div> <div>Friday 9 a.m. to 5 p.m.</div> <div>Saturday and Sunday 9 a.m. to 2 p.m.</div> <div>The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome.</div>							



CLASSES and CLUBS

PLEASE SIGN UP AT LEAST 48 HOURS BEFORE THE START OF A SESSION — A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES — NO REFUNDS AFTER CLASS BEGINS.

All participants in fitness classes as well as Drop-in Tai Chi are required to sign a liability waiver when they register.

ART

ACRYLIC OR OIL PAINTING (Day)

A 10-week course for all skill levels, taught by Doris Haskell, begins April 14. Meets Mondays from 2:30 to 4:30 p.m. Cost is \$60 for residents; \$80 for nonresidents. Minimum number of students is 10; maximum is 14. Session ends June 30 (class will not meet May 26 and June 16).

ACRYLIC OR OIL PAINTING (Evening)

A 10-week course for all skill levels, taught by Doris Haskell, begins April 3. Meets Thursdays from 6:45 to 8:45 p.m. Cost is \$60 for residents; \$80 for nonresidents. Session ends June 5. Minimum number of students is 10; maximum is 14.

BASIC PHOTOGRAPHY (Saturday)

This 8-week course in black and white and color photography, taught by Lew Berry, begins April 12. Meets Saturdays from 10:30 a.m. to 1:30 p.m. The cost is \$120. The class is open to new students as well as those from previous sessions. Students will become skilled at using their cameras, understand how to see and use available light and learn about composition and subject selection. Instruction takes place in the classroom as well as out in the field. Students must bring a camera to class; digital cameras are preferred. Session ends June 7 (class will not meet May 24).

BASIC PHOTOGRAPHY (Thursday)

This 6-week course in black and white and color photography, taught by Lew Berry, begins March 13. Meets Thursdays from 10 a.m. to 12 p.m. The

cost is \$75. See description above. Session ends April 17.

BASIC PHOTOGRAPHY FOR CHILDREN

This 8-week course in black and white and color photography, taught by Lew Berry, begins April 12. Meets Saturdays from 9 to 10 a.m. The cost is \$50. The class is open to youngsters 10 years old and older. Students will become skilled at using their cameras, understand how to see and use available light, and, learn about composition and subject selection. Students must have a digital camera and a flash drive. Session ends June 7 (class will not meet May 24).

PORTRAITURE IN PENCIL AND PASTEL

This 6-week class, taught by Marianne Winter, begins April 9. Meets Wednesdays from 1 to 3 p.m. Students will concentrate on achieving likeness using photos or reproductions of artwork. Please bring a pad and pencil or pastel to the first class. Some previous experience in drawing is necessary. The cost is \$75 for residents; \$80 for nonresidents. Maximum number is 8. Last class is May 14.

CARD GAMES

BEGINNING BRIDGE

This 7-week class taught by Frank Shull begins March 12. Meets Wednesdays from 4:30 to 6:30 p.m. For people who have never played bridge or want to pick up their game from years ago. Students will learn terminology, how to evaluate and bid hands, how to make finesses work, counting points and more. Call Frank with questions at 301-520-

9968. He is a life master at bridge and has over 1,000 master points. A minimum of 8 students is required; maximum is 12. The cost is \$123 for residents; \$129 for nonresidents. Session ends April 30 (class will not meet April 16).

INTRODUCTION TO AMERICAN MAH JONGG

This 6-week class will introduce players to the basics of Mah Jongg. Meets Mondays from 3 to 5 p.m. and starts April 21. The instructor, Robin Dinerman, will provide games and cards for class. Call Robin at 301-942-0546 with questions. A minimum of 3 students is required; maximum is 8. The cost is \$84 for residents; \$89 for nonresidents. Session ends June 2 (class will not meet May 26).

COMPUTER EDUCATION

GETTING TO KNOW YOUR IPAD

This 2-week session meets Tuesday, March 11 and 18, from 2 to 3 p.m. Classes will cover all the basics of iPad navigation. Class 1 will start with a demo of the iPad's wonderful capabilities and then step-by-step instruction of the basics such as mail, the internet and how to buy an "app" (many are free!), how to customize your settings and troubleshooting. Class 2 will explore more of the amazing apps for photos, music, history, etc. We will also learn how to organize apps, save and share photos, and identify a good app from a poor one. Bring your iPad if you have one. Handouts with step-by-step instructions will be provided for later reference at home. Classes are taught by Pam Holland of TechMoxie. Cost is \$30.

GENEALOGY RESEARCH ONLINE

Tuesday, March 25, from 2 to 3 p.m.: Census data, ship manifests, birth records and news articles are increasingly available via the Internet. Learn how to get started gathering family history online. Students will explore how to find information on your family and how to get the most for free out of the best genealogy websites (like Ancestry.com). Participants should be comfortable doing basic Internet searches. Cost is \$15.

EXERCISE AND FITNESS

BALANCE AND COORDINATION

This 6-week class begins March 4. Meets Tuesdays, from 1 to 1:50 p.m. The class will focus on simple exercises that improve overall balance. The cost is \$65 for residents; \$70 for nonresidents. Session ends April 8. Questions? Email instructor Tonya Walton at staraka4u@gmail.com.

CHAIR EXERCISE

This 7-week class begins March 12. Meets Wednesdays, from 11 to 11:50 a.m. The class, taught by Tonya Walton, is especially for people who want to tone upper and lower body muscles, as well as improve strength and energy, through chair exercises. The cost is \$75 for residents; \$80 for nonresidents. Session ends April 23.

MAT PILATES

The 6-week session begins April 22. Meets Tuesdays from 7 to 8 p.m. Pilates movements tone the body from 'the inside out' bringing about core-strength, muscle balance and proper spinal alignment. This class is for both beginners and intermediate students. Please check with your physician before signing up; not recommended for pregnant women. Instructor Ginger Russell is certified in Pilates by both *PhysicalMind Institute* and *Powerhouse Pilates*. The cost is \$85 for residents and \$90 for nonresidents. Please bring a Pilates/Yoga mat and bath towel. Session ends May 27.

SKY VALLEY TAI JI (Thursday)

This 6-week class, taught by Taj Johnson, begins April 3. Meets Thursdays from 9:30 to 10:30 a.m. and is especially for beginners. The cost is \$60 for residents; \$70 for nonresidents. Minimum number is eight. Session ends May 8.

SKY VALLEY TAI JI (Tuesday)

This 6-week class begins April 8. Meets Tuesdays from 9:30 to 10:30 a.m. The cost is \$60 for residents; \$70 for nonresidents. Minimum number is eight. Session ends May 13.

STRENGTH TRAINING WITH CHERYL

This 6-week class begins March 21. Meets Fridays, from 10:30 to 11:30 a.m. The class, taught by Cheryl Clark, will enhance range of motion and strengthen muscles and work on balance and posture. The cost is \$65 for residents; \$70 for nonresidents. Session ends April 25.

STRENGTH TRAINING WITH TONYA

This 6-week class begins March 10. Meets Mondays, from 1 to 1:50 p.m. The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance, and overall strength. The cost is \$65 for residents; \$70 for nonresidents. Session ends April 14.

YOGA WITH ROBIN (Day)

This 8-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman, host of TV's Cherryblossom Yoga, and begins April 27. Meets Sundays from 9 to 10:20 a.m. The session includes semi-strenuous postures, stretches, and coordinated breathing, as well as a quiet period for relaxation and meditation. Wear loose clothes, bring a blanket or large towel and mat (can be purchased at class). Don't eat for 2 hours before class. The cost is \$106 for residents; \$110 for nonresidents. Session ends June 22 (class will not meet May 25). You may try this class at the first session. If you decide to join, please register at the end of the hour.

YOGA WITH ROBIN (Evening)

This 8-week class in Hatha Yoga for beginning and continuing students

is taught by Robin Dinerman and begins April 28. Meets Mondays from 7 to 8:20 p.m. See description above. The cost is \$106 for residents; \$110 for nonresidents. Session ends June 23 (class will not meet May 26). You may try this class at the first session. If you decide to join, please register at the end of the hour. Minimum number of students is 4; maximum is 8.

ONGOING GROUPS, CLUBS AND OTHER ACTIVITIES

BLOOD PRESSURE SCREENING/ SUBURBAN NURSE

A Suburban Hospital nurse offers free blood pressure screenings Tuesdays from 12 to 4 p.m. The nurse is also available for consultations Tuesdays from 2 to 4 p.m.

CHESS

An informal group plays chess on Wednesdays from 12 to 2:30 p.m. at the Village Center. All levels are welcome. Call Norm Schiff at 206-713-6079 for details.

COFFEE AND CURRENT EVENTS

This long-running discussion group meets informally every Friday from 10:30 a.m. to noon. Led by group members.

CONCERTS

Free live music is presented on Wednesday evenings. Check the calendar and concert page for each week's performance information. No registration is required. All are welcome.

DROP-IN TAI CHI

Student-led sessions every Friday from 9:15 to 10:15 a.m. Cost is \$3 per class.

GREAT BOOKS DISCUSSION GROUP

Book lovers participate in lively presentations and discussions of works, usually taken from the Great Books series. Leadership is rotated among group members. Meets Mondays from 10 to 11:45 a.m. Contact Jean McNelis at 301-656-6695.

Continued on page 15

CONCERTS

Concerts will be held from 7:30 – 8:30 p.m. in Huntley Hall in the Friendship Heights Village Center.

Wednesday, March 5 — No Concert

Wednesday, March 12 — *Friday Morning Music Club* —

The Friday Morning Music Club's student recital will feature winners of the Ross-Roberts High School Competition for Woodwind, Brass and Percussion.

Wednesday, March 19 — *Tales in the Village* —

We'll celebrate Women's History Month with Kate Campbell Stevenson and Ellouise Schoettler telling stories about little known and memorable women. Both Stevenson and Schoettler mine history for their stories and champion the accomplishments of women.

Wednesday, March 26 — *Beau Soir* —

The Beau Soir Ensemble is a flute, viola, and harp trio dedicated to the performance of standard and contemporary repertoire spanning a variety of genres.

Violist Jennifer Ries grew up in the D.C. area, and returned in 2004 after playing with the Kansas City Symphony for nine years. She received her Bachelors in Viola from the Oberlin Conservatory, and while studying there received three Tanglewood fellowships and an Aspen Orchestral fellowship, and played in the New York String Orchestra at Carnegie Hall in 1985 and 1986. She received her Masters in Chamber Music from the Chamber Music Center at the San Francisco Conservatory of Music. She currently freelances and teaches in the D.C. area.

Flutist Carrie Rose is a producer, composer, and performer for the Origins Concert Series in Silver Spring. Her compositions have been featured at University of DC, played by the DC Youth Orchestra, and at Strathmore Mansion. Rose earned Master and Bachelor of Music degrees from the Cleveland Institute of Music, where she studied with Joshua Smith, principal flute of the Cleveland Orchestra. She teaches flute in her private flute studio in Takoma Park, Maryland, and general music classes at the Oneness-Family School, an international peace academy in Bethesda, Maryland.

Michelle Myers Lundy is a professional harpist who performs throughout the Washington, DC area. She has performed at the Kennedy Center, Strathmore Hall and Mansion, the Capitol, Supreme Court, National Archives, the Lyceum Museum, Alden Theatre and several of the Smithsonian Museums. Ms. Lundy is currently principal harpist with the McLean Orchestra and also performs with the National Philharmonic Orchestra and Arlington Philharmonic.

Landon's Lunchtime concert

Students, faculty and mentors from the Landon Symphonette present the second of a series of lunchtime performances at the Friendship Heights Village Center on **Saturday, March 15, from noon to 1:30 p.m.** The selections include *Finale* from *Fidelio* by Beethoven, as well as traditional Swiss, Irish and Israeli folk songs, Christian hymns and more. The ensemble includes: Landon faculty member Ted Lewis (trumpet); Symphonette mentor Kurt Lucas (trombone); Symphonette Mentor Margaret Dickel (French horn); and Landon students Henry Smith (trumpet), Eric Shalloway (baritone), George Shalloway (trumpet) and Grant Smith (tuba). The concert is free.



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TO YOUR HEALTH

Get your back on track

The latest technology of minimally invasive procedures may mean shorter hospital stays, smaller incisions, and faster returns to work and daily activities. At this month's Suburban Lecture at the Village Center on **Wednesday, March 12, at 1 p.m.**, Dr. Quoc-Anh Thai, a neurosurgeon at Johns Hopkins, will discuss the many causes of back and neck pain including herniated discs, spasms and spinal stenosis.

There is no cost for the talk, but **please** call 301-656-2797 to let us know if you plan to attend.

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(at the Elizabeth Arcade,
free garage parking!)

phone **301-654-9355** | fh@getwell-rehab.com

www.getwell-rehab.com  [find us on facebook](#)

Register for a shingles shot

Remember to sign up for the shingles vaccine to be given at the Village Center on **Friday, March 21**. The shots will be administered by the Visiting Nurses Association between **10 a.m. and 1 p.m.** to anyone fifty years of age or older. The cost is \$220 payable by cash or check made out to MedStar VNA. You will receive a receipt to submit to your insurance company. Medicare does not cover the vaccine, but some Part D plans do. If you give us your insurance information when you register, the VNA will try to find out if you are covered.

Shingles is a painful, sometimes contagious rash caused by the chickenpox virus. The Centers for Disease Control and Prevention recommends the shingles vaccine, which cuts in half the risk of shingles.

An appointment is an absolute must. Call 301-656-2797 to register.

Vision Support Group: Swing into spring with music

Celebrate the first day of spring with your friends at the Vision Support Lunch and Learn at the Village Center on **Thursday, March 20, at 12:30 p.m.**

Studies show that music can alleviate stress and afford opportunities to remain connected to others. Gloria Sussman, lifelong musician, teacher and a leader in the Aging Eye Network, returns to the Village Center to discuss how music is a perfect prescription to improve the quality of life. She will play recorded music to demonstrate how memorable selections can bring back memories and spark conversation. She will also share how her musical journey helped to pave her way to independence as she faced the challenges of vision loss.

The Vision Support Group is a partnership of the Village of Friendship Heights and Prevention of Blindness Society of Metropolitan Washington. You don't have to have poor sight to participate, but you do need to register in order to reserve a light lunch by calling 301-656-2797.

Done with your digital camera?

Consider donating your digital camera to the Friendship Heights Village Center's Children's Summer Art Camp. Any low-end, point-and-shoot camera would be greatly appreciated and would help our young campers to learn the basics of digital photography. Please contact Anne O'Neil at the Center at 301-656-2797.

Cafe Muse presents...

This month's Café Muse, on **Monday, March 3, at 7 p.m.**, features poets Dennis M. Kirschbaum and Margaret Mackinnon.

Dennis M. Kirschbaum is an Associate Vice President at Hillel: The Foundation for Jewish Campus Life. His chapbook, *Clattering East* is available from Finishing Line Press and on Amazon.com.

Margaret Mackinnon's work has appeared in *Image, Poetry, New England Review, Georgia Review, Quarterly West, RHINO, Valparaíso Poetry Review, Poet Lore*, and other publications. Her awards include the Richard Eberhart Poetry Prize from Florida State University, a Tennessee Williams Scholarship from the Sewanee Writers' Conference, and the Graybeal-Gowen Poetry Prize from Shenandoah and Washington and Lee University. Her first book, *The Invented Child*, won the 2011 Gerald Cable Book Award.

Café Muse opens at 7 p.m. in the Village Center with classical guitar by Michael Davis; readings begin at 7:30. Attending poets are invited to participate in an open reading that concludes the program. A sign-up sheet will be available at 7 p.m.

Café Muse is presented by The Village of Friendship Heights and The Word Works, a nonprofit literary organization that has sponsored public programs for over 35 years. For more information visit www.wordworkssdc.com.

News from the reading room

Large print books have been moved to the shelves under both fish tanks in the Center Reading Room. Look for books on tape, DVDs, reference books, and art books now in Classroom 1.

The Village Book Club will meet this month on **Tuesday, March 18, at 11 a.m.** The book selection is *The Mambo Kings Play Songs of Love* by Oscar Hijuelos. Look for a copy of the book in the Center Reading Room on the shelf marked "Village Book Club Selections."

Dr. Michael Gittleston

Podiatrist

The Barlow Building

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Chevy Chase, MD 20815

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Medicine/Foot Surgery Early Morning Hours

WHY SAM?

- Sam lives in the Village of Friendship Heights
- Sam raises his children in the neighborhood
- Sam's parents live in the neighborhood
- Sam owns investment property in the neighborhood
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HEALTH INSURANCE COUNSELING

Free assistance offered by the Maryland Cooperative Extension's Senior Health Insurance Assistance Program. Usually meets on the second and fourth Wednesdays of each month from 1 to 3 p.m. Please call 301-590-2819 for an appointment.

SCRABBLE

This group of Scrabble players meets at the Center Thursdays at 6:15 p.m. All are welcome.

SPEECH SUPPORT

An aphasia support group facilitated by Susan Wranik, MS, MA, CCC-SLP, board certified speech-language pathologist, and sponsored by the NIH Suburban Hospital Stroke Program. Open to adults with speech impairment due to stroke, Parkinson's or dementia who need help with communication. Meets the second Tuesday of every month from 2 to 3 p.m.

TEA

Village residents and their guests are invited to tea every Tuesday from 3 to 4 p.m. Hot beverages, cookies and fruit are served by Village volunteers.

VILLAGE BOOK CLUB

The book club meets one Tuesday morning a month to discuss books chosen by the group. Members take turns suggesting books and leading the meetings. Dates and book titles are announced in the newsletter. New members are welcome at any time.

VILLAGE BRIDGE CLUB

The bridge club meets every Monday from 12:30 to 4 p.m. All are welcome for bridge or bridge plus (duplicate bridge); cards will be supplied. Contact Nancy White at 301-652-4119 for more information.

VILLAGE PLAY TIME

Games, toys and play equipment will be set out in the auditorium most Thursdays from 11 a.m. to 4 p.m. Children must be accompanied by a

caregiver, friend, or family member over age 13.

VISION SUPPORT LUNCH AND LEARN

A partnership of the Prevention of Blindness Society of Metropolitan Washington and the Village of Friendship Heights. Meets one Thursday a month at 12:30 p.m. for lunch and discussion with an invited speaker. Contact Janet Morrison at 301-538-9358 for more information. See page 13.

WALKING CLUB

Leaves the Center every Tuesday, Thursday and Saturday at 8:15 a.m. for a walk through a nearby neighborhood. Contact Helen Davis at 301-718-6340 for more information.

YIDDISH

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Contact Maurice Singer at 202-362-0883 for more information.



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delicious culinary dinner

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Village Council Corner

Council Holds Community Forum on Proposed Playgrounds

At the Council meeting on February 18, a large crowd came to express their views on the revised drawings for playgrounds in Willoughby Park and Page Park. The drawings, along with a narrative by our designer, Grace Fielder, are on display in the Village Center lobby and are posted on our website. No action was taken by the Council.

The Council will continue reviewing feedback with the designer and will discuss this again at the March 10 meeting.

WSSC Contact Information

For those who missed our January Council meeting, we had an update from WSSC representatives about the water main replacement project on Willard Avenue. Several people asked about how to contact WSSC and how to receive updates directly from them. The 24-hour emergency number at WSSC to report a water main break or other problem is 301-206-4002. We have also placed a link on our website (www.friendshipheightsmd.gov) so you can sign up to receive emergency alerts from WSSC.

Please Remember Friendship Heights

You do not pay any more income taxes because you live in Friendship Heights—mark your form as seen below.

FORM 502		MARYLAND RESIDENT INCOME TAX RETURN	
OR FISCAL YEAR BEGINNING		2012, ENDING	
Social Security number		Spouse's Social Security number	
Your First Name	Initial	Last Name	
Spouse's First Name	Initial	Last Name	
Present Address (No. and street)			
City or Town		State	ZIP code
Name of county and incorporated city, town or special taxing area in which you resided on the last day of the taxable period. (See Instruction 6)		Maryland County	City, Town, or Taxing Area
		Montg.	Friendship Hts
FILING STATUS See Instruction 1 to determine if you are required to file		1. <input type="checkbox"/> Single (If you can be claimed on another person's tax return, use Filing Status 2.) 2. <input type="checkbox"/> Married filing joint return or spouse had no income	

Council actions at the February 18 meeting:

- Held initial public hearing on FY 2015 budget.
(Second and final public hearing on FY 2015 budget will be March 10.)
- Approved proposal for 2,500 Centennial tote bags for a total cost of \$6,845. Bags will be distributed free to residents.



Friendship Heights

VILLAGE NEWS

Friendship Heights Village Center
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Chevy Chase, Maryland 20815



Check out our website:

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March 2014 events calendar